

## Level One Reiki covers:

- ✿ What has called us to Reiki? An Introduction
- ✿ The nature of Reiki energy
- ✿ What Can Reiki Do?
- ✿ History of Reiki
- ✿ Various 'frequencies' of Reiki
- ✿ Four Reiki Ethics
- ✿ Five Reiki Principles
- ✿ Benefits of self-healing Reiki Sessions
- ✿ Four-part Attunement to Level One
- ✿ The Power Symbol
- ✿ Show how a self-healing session is done
- ✿ Do a full-body Self-Healing session
- ✿ The Subtle Energy System
- ✿ The Physical Energy System
- ✿ Staying Grounded
- ✿ What is our lineage and why is that important?
- ✿ Five Japanese Techniques
- ✿ Show hand positions for treating others and practice at the Reiki table
- ✿ The Session, During and After - table-work and practice time
- ✿ A full-body session by the student
- ✿ The 21-day cleanse, detoxifying, drink lots of water, keep a Reiki journal
- ✿ Reiki for plants, animals, food, crystals, and everything else
- ✿ How to start a Reiki Practice
- ✿ Group Sessions and Reiki Exchanges
- ✿ The Canadian Reiki Association